

What's Cookin': Vegetable shooters

This week's photo shows some vegetable shooters that we made for a party. I love them because they are cute, but also because you don't have to worry about those double-dippers out there! This way everyone has their own dip!

All you have to do to make them is first of all get some shooter glasses (glass or plastic depending on how fancy your party is). Best if they are clear though, so you can see all the beautiful colours.

Then, put your dip in a piping bag and pipe it into the glasses (you'll have to be careful, as the dip is a bit runny for a piping bag and wants to come out fast!).

Next, insert some veggies— aspar-

Lori Gysel & Gerry Kentner



agus is nice, green beans, coloured peppers, baby carrots, celery sticks, anything that is long and thin. Unfortunately, mushrooms, cauliflower, broccoli, cherry tomatoes don't really work for this presentation.

You can make them up and put them in the fridge in advance, just cover the platter with some plastic wrap.

Have fun and keep cooking!
Email whatscooking@theifp.ca

Lemon Dill Dip

Ingredients

- 1 cup 6% plain yogurt
- 1 cup 14% sour cream
- zest of 1 lemon
- 1/4 cup finely chopped fresh dill
- 1 or 2 garlic cloves, finely minced

- freshly squeezed lemon juice to taste (about 2 tbsp)
- coarse salt and fresh ground black pepper to taste

Method

Combine all of the above and allow to rest for at least an hour, preferably overnight.



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